

**East Greenwich Public Schools
Health and Wellness Committee Meeting
EGHS Guidance Conference Room
September 28, 2015**

Meeting Minutes

In Attendance: Alissa Berman, Lisa Davis, Nancy Day, Michelle Edwards, Wendy Fachon, Samantha Fallon, Domenic Giusti, Carolyn Mark, Yan Sun, Ellise Wolff, Laura Murphy, David Hiltz (American Heart Association), Gail Wilcox, Rose Emilio

Agenda

I. Welcome and Introductions

The committee welcomed some new members, and Carolyn provided some background on the committee in terms of its overall charge as well as the district's health and wellness policy.

II. Heart Safe School Accreditation

EGHS student Laura Murphy brought forth a proposal to the committee regarding becoming an accredited "Heart Safe" school district. A representative from the American Heart Association was on hand to answer questions from the group. Laura intends to continue to champion this initiative, and the Health and Wellness Committee was supportive. Laura will be joining the H&W Committee as a

student representative, and will keep us up to speed on her progress and let us know how we can help. The biggest issue would be how to pay for this initiative, but there may be a way to turn this into a community-wide initiative supported through fundraising. Background information on this can be found through the following links:

<http://www.heartsafeaed.org>

<http://www.sads.org/Awareness/Heart-Safe-School-Accreditation/Accreditation-Elements#.Vgr9MemDvzp>

<http://schoolcpr.com/2013/07/state-of-rhode-island-now-requires-cpr-training-for-high-school-graduation/>

http://www.rilin.state.ri.us/pressrelease/_layouts/RIL.PressRelease.ListStructure/Forms/DisplayForm.aspx?List=c8baae31-3c10-431c-8dcd-9dbbe21ce3e9&ID=10865&Web=2bab1515-0dcc-4176-a2f8-8d4beebdf488

III. Staff Wellness/Blue Cross Grant Opportunity

Carolyn, Gail and Rose (from Central Office) provided an update on the Blue Cross grant opportunity. Originally, there was about \$8,000 but that number has increased to more than \$11,000. We have the results of the survey that Sharon Kitchen sent out to staff which has now been sorted by school. There is enough money for each school and the Central Office to run 4 week fitness program between now and the end of the year, and there seems to be interest among the

staff to do this. Gail will get information into the hands of school principals so they can work with their faculty to decide what they want to do.

One other staff wellness update: At the urging of members of the H&W committee, the District has moved forward with implementing an Employee Assistance Program. It is currently being rolled out in the District school by school, but Gail indicated that the information could be posted on the District website as well.

IV. Update on District-Wide Strategic Plan Regarding Health and Wellness

Carolyn reiterated the invitation to members of the committee to review the draft plan and provide input. The "second read" and possible adoption of the plan will be at the 10/6 school committee meeting. She noted that one of the strategic priorities has to do with student wellness, and thanked the committee for being a part of raising visibility regarding the importance of this issue.

V. Review of End-of-Year Wellness Assessment and H&W Activities from 2014/15 School Year

Carolyn distributed a copy of the end-of-year wellness assessment that was conducted, as well as a summary document of our activities during the last school year. The group reviewed these in advance of discussing possible goals for the coming year. These documents can be found [here](#).

VI. H&W Goals for 2015/16

The group brainstormed some possible initiatives for the coming year. Members of the committee are invited to reflect on these and think about what, if anything else, ought to be included. The goals will be finalized at the next meeting.

- ID and promote best practices in individual schools. (More videos!)**
- Further the "farm to cafeteria" initiatives, and educate the community about them. Better promotion from Aramark.**
- The new Brita machine has been hugely popular at Cole. Initiative to ensure access to high quality drinking water in all schools?**
- Parent/student involvement in food service. Currently, there is no mechanism in place for parents or students to have a say in what is served in our school cafeterias. Possible advisory committee? Community forum to garner input? Perhaps tie in some community education on what is going on in today's cafeterias and how we can all support healthy eating.**
- Healthy eating/cooking workshops?**
- Use district list serve and website to promote healthy eating and provide tips.**
- Educating parents and PTGs on school policy through the use of fact sheets/listserve/website.**
- Gather best practice information about creative indoor recess opportunities to help support school staff in their efforts to keep kids moving, even on days of inclement weather. (Note: need to find out and educate community on parameters for when recess needs to be**

held indoors.)

VII. Set Meeting Dates

Mondays at 3pm seem to be a good day/time for many, but Carolyn will send out one more doodle poll for the next meeting to see if there is an alternative day/time that also works for folks so that those who couldn't make it will be able to participate. If another day/time is identified, we will alternate each month. Either way, we will attempt to set the meeting dates for the school year so we don't have to poll members every meeting.